

CONSIDER:



- Assessing your fall risk with a comprehensive self-screening.



- Using a home safety checklist.



- Participating in strength and balance activities.



- Engaging with your local seniors' activity centre or other social groups.

CONSIDER CONT'D:



- Exploring nutrition, and hydration resources.



- Keeping a fall detector, medical alert system, or phone handy.



- Investing in hip protectors.



- Identifying emergency contacts in case you fall.



- Learning about what to do if you cannot get up by yourself.

To get more information about these considerations, check:

Cowichan Pathways and search for “fall prevention”



<https://cowichan.pathwaysbc.ca>

HealthLinkBC and search for “Preventing Falls as you Age”



**Information in 8 languages*

<https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/older-adults/preventing-falls>

LOCAL RESOURCES:

- **HealthLinkBC:** 811
- **BC 211:** 211
- **Island Health Community Health Services :**1-877-734-4101
- **Better at Home:**
 - Ladysmith (Nanaimo Family Life Association): 250-754-3331 ext. 203
 - Cowichan (Volunteer Cowichan): 250-748-2133
 - Cowichan Elders (Hiie'yu Lelum-House of Friendship): 250-748-2422
- **Social Prescribing Cowichan:** 250-748-2133
- **Lifeline:** 250-746-0814
- **Social/Recreational:**
 - 9 Recreation Centres
 - 6 Seniors' Activity Centres


**ONE FALL CAN
CHANGE IT ALL**
ACT NOW. LEARN HOW

ARE YOU AT RISK OF FALLING?

1 in 3 seniors in BC fall every year



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AM I AT RISK OF FALLS?

- Had a previous fall.
- Have less strength, mobility, or balance.
- Poor nutrition or hydration.
- Take many medications.
- Reduced eyesight, hearing, or foot sensation.
- Trip and slip hazards at home.

REDUCING MY RISK

-  Monitor and improve my strength, mobility, and balance.
-  Be aware and adjust to my surroundings.
-  Wear safe shoes.
-  Eat healthy and stay hydrated.
-  Have my medications reviewed regularly.



Get my eyes, ears, and feet checked.



Stay connected with others.



Make my home safer.

Checklist on steps you can take to make your home safer



<https://www.healthlinkbc.ca/sites/default/files/documents/Home%20Safety%20Checklist%20-%20English.pdf>

Adapted from <https://www.healthlinkbc.ca/healthy-eating-physical-activity/age-and-stage/older-adults/preventing-falls>

HOW TO SAFELY GET UP AFTER A FALL?

- Be calm.
- Call for help if you are injured or cannot get up by yourself.
- Falls can happen to anyone, don't be afraid to talk about them to your healthcare provider and loved ones.

1



Roll onto your side

2



Crawl to a sturdy chair or furniture.

3



Kneel and place your arms on the chair seat.

4



Bring one knee forward. Place that foot on the floor.

5



Push up with your arms and legs, then pivot your bottom around.

6



Sit down. Rest before trying to move.

Taken from: Finding Balance & Injury Prevention Centre, Injury Prevention Centre, University of Alberta